



So...what is The Move Programme?

You may have heard of The Move Programme, but still not sure what exactly it is? Find out more here:

What is The Move Programme?

The Move Programme is an activity based programme that increases and improves the functional mobility skills needed for sitting, standing, walking and transitioning. It is a collaborative programme that focuses the whole team's efforts on personalised goals set by the individual and their family or carers.

Who is it for?

The Move Programme is designed for anyone who has not learnt the skills of independently sitting, standing or walking, regardless of their age or cognitive ability.

Who does The Move Programme with the individual?

The Move Programme is used by the whole team around the individual. For example, the family and carers, teaching staff, physiotherapists, occupational therapists, support staff etc.

Where is The Move Programme done?

The Move Programme is designed to take place through activities that are already happening in the individual's life, so Move should be done in all of the individual's environments. For example in their home, in respite and short break centres, at school or day centres.

What does a typical day on The Move Programme include?

The individual practises functional mobility skills throughout naturally occurring activities that already take place in their day to day lives. Opportunities for more movement can be found in all aspects of the individual's life, meaning Move is not an 'add on' to the person's day, but happens naturally.

How does The Move Programme use equipment?

Equipment should always be used to encourage active movement, so it should be used for the shortest possible time whilst providing the lowest amount of support that the individual needs. Over time, The Move Programme aims to reduce the amount of equipment and support needed, as the individual becomes more independent.





How do you measure progress?

The Move Programme provides a method of assessing levels of functional mobility and measuring progress over time. This is done through an individual's Assessment Profile with reference to the Move Manual. Included in the Assessment Profile is a Prompt Reduction Plan and a Summary of Assessment Results, which provides a visual representation of progress over time.

Can I see The Move Programme in action?

We have a number of Centres of Excellence across the country using The Move Programme to a very high standard. You are more than welcome to visit any of these centres and this is arranged through the Move team – contact us using the details below.



How do we implement The Move Programme?

The Move Programme offers Senior Practitioner Training across the UK and there are a variety of training options available. Individual places can be booked on courses happening across the country. We offer bespoke in-house training where a Move Trainer can deliver at your centre.

By the end of the two-day training course, delegates will be able to:

- Implement the Six Steps of The Move Programme
- Correctly assess and record progress through the Assessment Profile
- Plan for the adjustment and reduction of support over time
- Co-ordinate The Move Programme in their own setting

How can I contact The Move Programme?

The Move Programme

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